

ASHEVILLE

Parks & Recreation



WINTER/SPRING 2016 PROGRAM GUIDE

January-May



Asheville Parks & Recreation

828-259-5800
parks@ashevillenc.gov

Street Address:

City Hall- 4th Floor
 70 Court Plaza
 Asheville, NC 28801

Mailing Address:

PO Box 7148
 Asheville, NC 28802
 828-259-5800
www.ashevillenc.gov/parks
 Like us on Facebook:
www.facebook.com/APRCA

Contact Information**Program Supervisors**

Community Programming:
 Mark Halstead 828-251-4024
mhalstead@ashevillenc.gov

Sandra Travis 828-259-5841
stravis@ashevillenc.gov

Recreation:

Dee Black 828-259-5809
dblack@ashevillenc.gov

Allison Dains 828-251-4081
adains@ashevillenc.gov

Burton Street Center

134 Burton Street
 Shateisha Lenoir 828-254-1942
slenoir@ashevillenc.gov

Dr. Wesley Grant Sr. Southside

285 Livingston Street
 Seth Jackson 828-259-5483
sjackson@ashevillenc.gov

Harvest House

205 Kenilworth Road
 Lee Dansby 828-350-2051
pdansby@ashevillenc.gov

Linwood Crump Shiloh Center

121 Shiloh Road
 Tameka Crudup 828-274-7739
tcrudup@ashevillenc.gov

Montford Recreation Center

34 Pearson Drive
 Kim Kennedy 828-253-3714
montfordr@ashevillenc.gov

Senior Opportunity Center

36 Grove Street
 Kim Isley 828-350-2062
kisley@ashevillenc.gov

Stephens-Lee Center

30 George Washington Carver
 Ryan Seymour 828-350-2058
rseymour@ashevillenc.gov

Therapeutic Recreation

Lori Long 828-259-5483
llong@ashevillenc.gov

Youth Athletics

Kim Turner 828-232-4526
kturner@ashevillenc.gov

Adult Athletics

Bryan Fish 828-251-4026
bfish@ashevillenc.gov

Outdoor Recreation

Christine Murawski 828-251-4029
outdoorprograms@ashevillenc.gov

Aston Park Tennis Center

Laura Loftis 828-251-4074
lloftis@ashevillenc.gov

Food Lion Skate Park

828-225-7184

WNC Nature Center

Chris Gentile 828-259-8080
cgentile@ashevillenc.gov

Welcome!

Asheville Parks & Recreation invites the whole family to come and join the many fun, educational and athletic programs we offer. Our programs are a safe place for learning, adventure, and fun. Your family will discover old and new friends, experience the excitement of trying something new, and have an awesome time! Programming is purposeful and age-appropriate so every family member can reach their potential as they engage in fun and meaningful activities.

General Information**Financial Assistance**

Reduced fees for afterschool are available for families currently participating in free/reduced meal programs at their child's school. A verification letter should be obtained through your school system nutrition offices.

Payment Policy

Payment must be received to secure placement and is due at the time of registration. See your Center Director for further details.

Wait List

There is no charge to be placed on a wait list and participants will be notified in the order received. We cannot secure placement until registration & payment are received.

Cancellations/Refunds

We reserve the right to cancel programs due to low enrollment or conditions beyond our control. If we cancel a program in which your child is enrolled, you will be given a full refund or credit. To cancel a registration, cancellations must be in writing and submitted two weeks before the start of the program. With this notice, any balance will be refunded or credited.

How to Register**ONLINE:**

Register online 24 hours a day at www.ashevillenc.gov/parks with WebTrac! Have a Visa or MasterCard ready as full payment is required for online registration. For assistance, call Asheville Parks & Recreation at 828-259-5800.

WALK-IN REGISTRATION:

Walk-in Registration is available at each facility. Cash, checks, Visa and MasterCard accepted. Please make checks payable to Asheville Parks and Recreation.

BY PHONE:

By calling the Recreation Center directly.
 Visa and MasterCard payments only.

Contents

Afterschool	2
Youth Programs	2-4
Outdoor Recreation	4
Toddler Programs	5
Therapeutic Recreation	6
Youth Athletics	6
Adult Programs	7-8
Senior Programs	9-10
Adult Athletics	10
Skate Park	11
Aston Tennis Center	11
WNC Nature Center	12
Special Events.....	13

Vance Afterschool

August, 2015-June 2016

Monday-Friday, 2:30-6pm

For ages 5-12. NC-licensed child care program. Supervised recreation and enrichment activities including arts and crafts, games, sports, science, music, dance, homework time and special events. Meets at Vance Elementary School gym. Afterschool staff is certified in First Aid and CPR. Nutritious snacks are provided daily.

Registration Fee: \$25/child or \$40/family

Fee: \$60/week, \$55/week for siblings

Asheville City residents receive a \$5 discount on weekly fees!

For more information or to request a registration packet, contact 828-350-6649 or Kim Isley at 828-350-2062

kisley@ashevilenc.gov

Afternoon Adventures

August, 2015-June, 2016

Monday-Friday, 2:45-6pm

Do you enjoy having fun and making new friends? This is the place for you. Children will enjoy arts, crafts, group games, special events, homework assistance and more! Pre-registration is required. Open on teacher workdays, some holidays and snow days at assigned location.

Weekly Fee: \$50, City of Asheville residents receive a \$10 discount. Families currently enrolled in the school system's reduced or free meal program, please contact your recreation center for discount fee information.

Locations: Burton, Montford, Stephens-Lee & Shiloh.

**Afternoon Opportunities**

August, 2015-June, 2016

Monday-Friday, 2:45-6pm

This is an inclusive afterschool program for youth and teenagers with and without various disabilities. The program will focus on team building, making friends, and having fun. Participants will receive homework assistance and a snack each day while enjoying arts, group games, special events, and more. Registration is now open. Please contact Grant Center staff for more information at 828-259-5483.

Weekly Fee: \$50, City of Asheville residents receive a \$10 discount. Families currently enrolled in the school system's reduced or free meal program, please contact your recreation center for discount fee information.

Location: Dr. Wesley Grant Sr. Southside Center.

Teen Leadership Program

August, 2015-June, 2016

Monday-Friday, 3:30-6pm

Looking for a cool and enriching alternative for your Teen to attend this school year? This is the program for you! We offer creative activities, diverse projects, field trips, and more.

For 6th-9th graders.

Weekly Fee: \$10 per week

Locations: Stephens-Lee & Shiloh.

Fun Day Out Program for Teacher Workdays

8:30am-6pm

Come enjoy a day of games, crafts, special events and field trips when youth are out of school. Youth must bring lunch and drink.

Fee: \$5 per child per day, plus field trip fees.

(No cost for participants enrolled in afterschool programs).

Monday, January 18

Montford Center (City & County)

Tuesday, January 19

Montford Center (City & County)

Friday, February 12

Shiloh Complex (County schools)

Monday, February 22

Montford Center (City schools)

Friday, March 25

Montford Center (City schools)

Tuesday, May 10

Montford Center (City schools)

Snow Care

9am-6pm

During most inclement weather days when school is out; program meets at select community centers. See WLOS for school closings and listings for snow care. Youth must bring lunch and drink.

Fee: \$5 per child per day

Locations:

City Schools- Montford

County Schools- Shiloh

Spring Break Camp

March 28-April 1

8:30am-6pm

Just like holiday camp, except it's warmer! Planned activities each day such as field trips, group games, art projects, and outdoor exploring.

Fee: \$40 per child

Location: Stephens-Lee & Montford



Burton Street Center**Capoeira: The Brazilian Martial Art-Dance, Fight and Music**

Wednesdays, 6-8pm

Capoeira is an Afro-Brazilian art that was originally practiced by enslaved Africans brought to Brazil by the Portuguese during nearly 500 years of slavery. Dance, music, martial arts, gymnastics, and culture come together in this energetic art form to develop strength, endurance, flexibility, grace coordination, creativity and confidence. This program is great for all ages!

Fee: \$6 per class

Parents Night Out

Fridays, 7-11pm

January 8, February 12, March 11
Parents, grab some friends and enjoy a night with adults while we watch your kids. Our talented staff will keep your kids active and entertained. We host plenty of games, activities, and crafts to keep your kids busy. For kids who need a little down time, we show a family-friendly films in the activity rooms. The movie title will be posted at check-in. Dinner will also be provided. Register early! Space is limited!

Fee: \$10 per child

AFFILIATE PROGRAMS**1 Mic Studio**

September, 2015-May, 2016

Tuesdays, 4-8pm,

Wednesdays, 6-8pm &

3rd Saturday each month 12-4pm

1 Mic Studio allows youth and young adults the opportunity to get creative and find their voice through the art of audio production using a high quality recording studio to record music, sounds, rhymes and beats. A teaching artist will be available once a week to help youth with their artistic development and to support the recording process. Youth with music, rap, song writing and audio production experience are encouraged to register. Call the Center for additional information.

FREE

Drumming with LEAF

Wednesdays & Thursdays, 4-4:45pm

This program is designed to work with youth who want to learn about a variety of percussion instruments. Youth are invited to come develop drumming skills and prepare for a variety of performances. Limited space available and pre-registration is required. For more information please contact Shateisha Lenoir at 828-254-1942 or slenoir@ashevilleenc.gov

FREE

N2iT Karate

Tuesdays

Ages 4-6: 6-6:45pm

Ages 7 +: 6:45-7:30pm

Try this unique martial arts program.

Gain skills in concentration, respect, discipline, self-esteem, confidence, stranger danger, bully buster and safety awareness. For more information or to register visit

www.N2iTYouthUSA.com or contactN2iTYouth@gmail.com, 877-528-6248

Fee: \$8 registration fee and \$7 per week

Girl Scouts

September, 2015-June, 2016

Wednesdays, 4- 5:30pm

In partnership with the local Girl Scout troop, this program is designed to work with girls 6-12 years of age.

Through a variety of experiences such as field trips, skill building clinics, community service projects, and environmental stewardships, girls will grow courageous and strong.

FREE

**Dr. Wesley Grant Sr.****Southside Center****Youth Night Out**

Fridays, January 8, February 5, March 4, April 8, and May 6

If you are between the ages of 6-15 and want to get out and about, join the Grant Center staff for some exciting trips and activities. You will get a chance to socialize with your peers and have some fun!

FREE

AFFILIATE PROGRAMS**Girl Scouts**

Tuesdays, 5:30-6:30pm

In partnership with the local Girl Scout troop, this program is designed to work with girls 6-12 years of age.

Through a variety of experiences such as field trips, skill building clinics, community service projects, and environmental stewardships, girls will grow courageous and strong.

FREE

Southside Drummers Performance Group

Wednesdays, 4-5pm

This program is designed to work with youth who want to learn about a variety of percussion instruments. Youth are invited to come develop drumming skills and prepare for a variety of performances. Limited space available and pre-registration is required. For more information please contact Seth Jackson at 828-259-5483 or sjackson@ashevilleenc.gov

FREE

Linwood Crump**Shiloh Center****Primped & Polished**

Tuesdays, 5:30-7:00pm

The Primped & Polished Pre Professional is dedicated to giving girls the power to improve! Girls will gain confidence and social graces that mold young women into powerful predestined professionals.

FREE

Teen Night Basketball

August, 2015-May, 2016

Wednesdays, 5:30-8pm

Teenagers ages 12-16 can shoot for captains and pick their own teams! The first team to hit 12 points wins! Teens must show school ID or be in our teen club program to participate.

FREE

Teen Dance Club

Wednesdays, 6-7:30pm

This class will develop the vernacular of dance and teach self expression through movement.

Teens will also be given the opportunity to perform.

Fee: \$40 every 3 months

AFFILIATE PROGRAMS**Girl Scouts**

August, 2015-May, 2016

Tuesdays, 3:15-4:15pm

In partnership with the local Girl Scout troop, this program is designed to work with girls 6-12 years of age. Through a variety of experiences such as field trips, skill building clinics, community service projects, and environmental stewardships, girls will grow courageous and strong.

FREE

Montford Recreation Center

Community Volleyball-Youth

Tuesdays, 4-5:15pm

Come play! 1 court is set up for staff assisted open play and peppering practice.

FREE

Community Basketball - Adult and High School

Wednesdays, 5:30-7:30pm

Sundays, (January 10-February 28)

5:30-7:30

Staff run half court pickup games; free shooting on the other half of court. Games follow a 15 minute clock. Bring a picture ID.

Fee: \$1 for Adults and Free for High School Students

Community Basketball-Youth

Thursdays, 3:30-5:30pm

Come play! The gymnasium is open for free play with basketballs for youth

FREE

Developing Future Male Leaders - DFML

January 8-May 27 (no class Jan 29)

Fridays, 5:30-7pm

Males ages 8-15 work with adults to develop leadership skills through guest speakers, volunteering, training activities and community service projects. Monthly themes guide the program plans.

Capacity: 20 youth

Pre-registration is required.

Fee: \$10 per child

Polar Bears, Penguins and Me

Saturday, January 23

10am-noon

Youth 4-7 years have fun with all things cold through games, crafts, stories and a Polar Bear Hunt.

Pre-registration is required.

Fee: \$5 per child

Bug Buddies

Saturday, February 20

10am-noon

Youth 4-7 years explore the world of creepy crawlies through games, crafts and stories.

Fee: \$5 per child

Lucky Leprechauns

Saturday, March 12

10am-noon

Follow the rainbow and turn into a leprechaun. Fun includes shamrocks, making green slime and a treasure hunt.

Pre-registration is required.

Fee: \$5 per child

Diamonds in the Rough

January 8-May 27

Fridays, 5:30-7pm

Females in grades 5-8 work with adults to develop valuable leadership skills. Designed to encourage sisterhood, boost self-esteem, promote education and focuses on developing good study habits, goal setting, and lifestyle education.

Capacity: 20 youth

Pre-registration is required.

Fee: \$5 for Session

Birthday Parties

These 2 hour parties are for youth 4-12 years. Bring your cake and presents to our private party room and our staff will lead 45 minutes of games & activities. Be sure to book your party at least 3 weeks in advance.

Fee: \$60 per party up to 20 youth; additional cost for climbing wall parties.

AFFILIATE PROGRAMS

Cheerleading

January 26-May 24

(no class March 29)

Tuesdays

Ages 4-6: 5:45-6:30pm

Ages 7-9: 6:30-7:15pm

Ages 10-14: 7:15-8pm

Come be a part of this exciting, one of a kind Cheerleading experience, N2iT combines Cheer and Pom dance into one curriculum. Techniques include motion drills, jump stations, proper stunting- basic to advanced. Students will learn cheers, chants and a dance routine. Registration: Onsite registration on Tuesday, January 19

For more information visit

www.N2iTYouthUSA.com or contact

N2iTYouth@gmail.com, 877-528-6248

Fee: \$8 registration fee and \$7 per week

Stephens-Lee

Recreation Center

FITKids

Session I begins January 12

Session II begins February 9

Tuesdays & Thursdays, 4-5pm

Ages 6-11 are invited to join us for this 4-week series on how to lead a fun active lifestyle. This program will include active games targeting flexibility, muscle and bone strength and cardio health.

Fee: \$10 per session

FREE for youth in afternoon adventures

Outdoor Recreation

Friday Night Ski Program for Teens at Cataloochee

Fridays, January 8, 22, 29

February 5 and 19.

4:15-11pm

This Friday Night Ski Program at Cataloochee takes teens (ages 12-17) to ski in Maggie Valley for 5 Friday nights. Ski, snowboard and helmet rentals and lessons are available for an additional cost. Register at

www.asheville.gov/parks.

For more information, e-mail

outdoorprograms@asheville.gov

There are no refunds for any missed sessions.

Program Fee

Includes Transportation and Lift

Tickets: \$255

City Residents get a \$10 discount!

Ski or Snowboard Rentals

\$40/5 weeks

Helmet Rental

\$15/5 weeks

Progressive Lessons

\$50/5 weeks

One Beginner Lesson

\$10 (Offered first week only)

Transportation Only

\$130 for Pass Holders (no lift tickets included)



Stephens-Lee Continued **Toddler Programs**

SESSION 1

Musical Mondays Class 1 & 2

January 25-March 14

Section 1: Mondays, 9:30-10:15am

Section 2: Mondays, 10:30-11:15am

Experience the world of music. Toddlers will enjoy drumming, dancing, singing and moving to the beat. Sign up for this 8 week session and see the growth in your toddler's rhythm and musicality.

Fee: \$35 session, Pre-Registration Required, Maximum 15 Participants

Tykes on Bikes

January 26-March 15

Tuesdays, 10-10:45am,

free play until 12noon

What better way to teach a child how to ride a bike? Strider® balance bikes for ages 18 months to 5 years help develop balance and coordination.

Fun activities on Strider® bikes will focus on the fundamentals of balancing, leaning, and steering without the distractions and complications of pedals or training wheels.

Fee: \$35 session/\$5 week

Tiny Tykes

January 13-March 16

Wednesdays & Fridays, 10am-12noon

Organized crafts & active play is a great way for you and your toddler to socialize!

Fee: \$1/day, Ask about the full session discounted rate

Stretch and Grow

January 28-March 17

Thursdays, 10-10:45am, with

free play until 12noon

Come have some fun with this introduction to yoga for toddlers and their caregivers. The class will intersperse focused stretching and strengthening postures and breathwork with songs, games, and partner yoga.

For Ages 2-5

Fee: \$35 session/\$5 week

Maximum of 12 children for this class

Tiny Tykes After Dark

January 12-May 20

Tuesdays & Thursdays, 6-7pm

Parents, drop off your children in the multipurpose room where they will enjoy supervised crafts and play while you get a workout here at our center! Attend the Power Mix class or workout in the fitness center.

Fee: \$1



SESSION 2

Wee Owls-Outdoor

Play & Explorations

March 28-May 20

Mondays, 10-10:45 am,

For Ages 3-5

You and your preschooler will enjoy weekly explorations, satisfying your child's curiosity about the natural world! Our Outdoor Recreation Program Coordinator will take small groups of toddlers on an adventure one day a week for 45 minutes/class to learn about the outdoors through stories, art, exploration, and imaginary play. The primary goal is to give children positive outdoor experiences. A preschooler's mind is like a sponge, so let's help them soak up nature!

Fee: \$35 session/\$5 week

Tunes on Tuesdays

March 29-May 17

Section 1: Tuesdays, 9:30-10:15am

Section 2: Tuesdays, 10:30-11:15am

Experience the world of music. Toddlers will enjoy drumming, dancing, singing and moving to the beat.

Sign up this 8 week session and see the growth in your toddler's rhythm and musicality.

Fee: \$35 session, Pre-Registration Required, Maximum 15 Participants



Tiny Tykes

March 30-May 20

Wednesdays & Fridays

10am-12noon

Organized crafts & active play is a great way for you and your toddler to socialize!

Fee: \$1/day, Ask about the full session discounted rate

Tykes on Bikes

March 31-May 19

Thursdays, 10-10:45am, with

free play until 12noon

What better way to teach a child how to ride a bike? Strider® balance bikes for ages 18 months to 5 years help develop balance and coordination. Fun activities on Strider® bikes will focus on the fundamentals of balancing, leaning, and steering without the distractions and complications of pedals or training wheels.

Fee: \$35 session/\$5 week



**PLEASE NOTE WE FOLLOW
THE ASHEVILLE CITY
SCHOOL SCHEDULE.
IF SCHOOL IS CANCELLED,
TODDLER CLASSES WILL
ALSO BE CANCELLED.**

**All Winter/Spring 2016
Toddler Programs will
be held at the
Stephens-Lee Center.**

Therapeutic Recreation **SOCIAL EVENTS & CLASSES** **Dinner Club**

Throughout the Asheville Area
January –May 2016

3rd Wednesday of each month,
5:30-7:30pm

Social event designed for adults
ages 18+ with or without disabili-
ties. Enjoy the tastes of Asheville
while making new friends. RSVP
by 4pm the day of the meal by
calling the TR Program Office at
(828) 259-5483 or emailing [trpro-
gram@ashevilleenc.gov](mailto:trprogram@ashevilleenc.gov).

Participants are responsible for the
price of their meal

Teen Night Out

Throughout the Asheville area
January-May 2016

1st Friday of each month
5:30-7:30pm

Social event designed for teens
ages 13-19 with or without
disabilities. Socialize with your
peers while enjoying a variety of
activities and events.

Participants are responsible for the
price of their meal or activity.

Spring Break Camp

West Asheville Community Center
March 28-April 1, 9:30am-5:30pm

This week long inclusive recreation
program is designed for youth and
teens currently enrolled in school,
with or without disabilities. Camp
attendees will enjoy outdoor
recreation, arts/crafts, field trips,
and other camp experiences. All
participants must meet eligibility
requirements.

\$50 (Asheville City residents
receive a \$10 discount)

ADAPTED SPORTS

Adapted Basketball

Montford Recreation Center
January 16-February 20

Saturdays, 2-5pm

Offered in conjunction with the
Charlotte Hornets, this non-
competitive basketball program is
designed for individuals ages 6+
with disabilities. Players will learn
basic basketball skills while having
fun. Registration will open in De-
cember; to register please call the
TR Program office at (828) 259-
5483.

\$45 (Asheville City residents
receive a \$5 discount)

Adapted Tennis

Montford Recreation Center

March 6-April 3,

no games March 27

Sundays, 2:30-3:30pm

This is a non-competitive
introductory tennis program
designed for individuals ages 6+
with disabilities. Players will learn
tennis basics while building
strength, confidence, and social
skills. Registration will open in
February; to register please call
the TR Program office at
(828)259-5483.

\$45 (Asheville City residents
receive a \$5 discount)



Adapted Baseball

TC Roberson High School

April 30-June 11

Saturdays, 10am-2pm

Offered in conjunction with the
Asheville Tourists and the
Roberson Rams baseball program,
this non-competitive baseball
program is for youth ages 6-17
and adults ages 18+ with
disabilities. Players will learn the
basics of baseball with an extra
emphasis on FUN! Registration
will be held at the West Asheville
Community Center (970 Haywood
Road) on April 9 and April 16 from
1-4pm. Please call the TR Program
office at (828) 259-5483 for
additional information.

\$45 (Asheville City residents
receive a \$5 discount)

Youth Athletics

Asheville Parks and Recreation
offers a variety of youth athlet-
ic programs, with a focus on safe-
ty, fun, participation by all players,
and sportsmanship.

Track Program

April-May

This 6-week introductory program
for boys and girls ages 9-13 focus-
es on starts, pacing, acceleration,
finishes, and more. This program
is open to all skill levels.

Location: UNCA Track

Fee: \$30 (Asheville City residents
receive a \$5 discount!)

Ultimate Frisbee Clinics

April-May

Youth Ultimate Frisbee clinics will
be offered for boys & girls ages 10
-14 to teach the sport of Ultimate
through the use of games, skills
instruction, and drills. If you have
never experienced the game of
ultimate come out and see what it
is all about.

Location: Memorial Stadium

FREE but you must pre-register!



Golf

April-May

A 6-week youth golf program
designed for ages 10-14. Led by a
golf professional, this course
teaches the basics of golf including
driving, chipping, putting, and golf
etiquette.

Location: Asheville Municipal Golf
Course

Fee: \$75

To register for Youth Athletic Programs:

Contact Kim Turner at
kturner@ashevilleenc.gov or at
828-232-4526. You can also
register online 24 hours a day at
www.ashevilleenc.gov/parks.

Burton Street Center**Community Groove Class**

November, 2015-June, 2016
1st, 2nd, & 4th Monday each month

5:30-6:30pm

Simple, easy and fun! We take simple movements & set them to different styles and genres of music. The GROOVE is done in a completely judgment-free atmosphere. You can't get this wrong. Dance for joy, fitness and well being.

FREE

Burton Street Community Association Meetings

3rd Monday each month

6-7pm

The Burton Street Community Association meets monthly to talk about things that are going well and things that need improvement, as well as planning for upcoming events. The focus of this group is to continually improve the Burton Street Neighborhood.

FREE

Burton Street Community Senior Elite Club

Tuesdays, Wednesdays, and Thursdays, 11am-2pm

This program is geared for senior citizens and provides fun activities, planned trips, movie days, chair exercise classes, fellowship days, game days and special meals prepared by different seniors from the group.

Fee: \$3 per meal, \$33 annual membership to the National Association of Senior Citizens District 9A

Circle of Parents

Wednesdays, 5:30-7pm

Circle of parents is a national network of mutual support and self-help programs in partnership with communities.

FREE

Capoeira: The Brazilian Martial Art-Dance, Fight and Music

Wednesdays, 6-8pm

Dance, music, martial arts, gymnastics, and culture come together in this energetic art form to develop strength, flexibility, coordination, grace, and confidence. The only way to truly understand the magnetism of Capoeira is to try it yourself. This program is great for all ages!

Fee: \$6 per class

Dr. Wesley Grant Sr. Southside Center**Yoga**

Tuesdays, 5:30-6:30 pm

Join us to strengthen the connection between your breath and body! This class focuses on back care, shoulders and strengthening the core. Come relax and rejuvenate.

FREE

Linwood Crump**Shiloh Center****Community Basketball**

Mondays, Wednesdays, Fridays

10am-1pm

Thursdays, 5:30-8pm

Pickup basketball, first team to hit 12 points wins; 15 minute games will be monitored on clock and scores will be kept. Participants will have the opportunity to play at least one game. Last game plays to 16 points. Participants must be 16+ to enter and show ID.

FREE

Indoor Soccer Open Play

January-March, 2016

Mondays, 6-8pm

It's a blast to play indoor soccer! Come on out and get competitive as we enjoy this wonderful game. Ages 16+.

FREE

Line Dancing Classes

March-May, 2016

Mondays (Beginners) 6-7pm

Thursdays (Advanced) 6-7pm

Please join us to learn line dances both new and old to some of America's greatest hits...Electric Slide...Cupid Shuffle...Wobble...Cha Cha Slide...Down South Shuffle... Mississippi Muddslide...Cane Wayne Wit It...Step & Stomp...The Brand New Slide; and so much more!

Fee: \$1 per class

Pickle Ball

Tuesdays & Thursdays, 9am-12pm

Wednesdays, 6-8pm

A fun game that combines tennis, ping pong and badminton. Paddles and balls provided.

Fee: \$1/day

Specialty Crafts

Tuesdays, 1-3pm

Crafts created for individuals with special needs to help them build fine motor skills, creativity, and engagement! Program led by Irene Pickens.

FREE

SENIOR ADULT PROGRAMS**Wild Card Tuesday**

Tuesdays, 6-8pm

Come out and enjoy individual or team oriented card games from UNO, Bid Whist, Spades, 5,000, Phase 10, Tunk, and so much more!

FREE

Moving for Better Balance

Wednesdays, 11:15am-12pm

You can build strength, improve balance, and gain confidence in your mobility through Moving For Better Balance. This is a 24-week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through slow, therapeutic movements based on Tai Chi.

FREE

Senior Chair Exercise & Council on Aging

Wednesdays, 12-1pm

Fridays, 11:15am-1:15pm

In partnership with the Council on Aging we provide seniors age 65+ the opportunity to increase mobility and strength through innovative chair exercises. Join us also for a healthy meal for a

\$1.50 donation

Healthy Living Program

Wednesdays, 12:30-2:30pm

In partnership with Shiloh Community Association, ABIPA, & YMCA, these classes focus on the self management of chronic disease and diabetes as well as maintaining a healthy heart and well balanced lifestyle. Lunch is included too!

FREE

Montford Recreation Center**Indoor Climbing Wall**

Mondays, 5:30-8pm (begins 3/7)

Tuesdays, 5:30-8pm (ends 3/1)

Thursdays, 2-5pm (ends 3/3)

For beginners to advanced!

\$5/2hour wall access. Harness and shoe rentals for \$2/each per session. Belayers \$9/hour (must be scheduled in advance). Belay Card classes \$25/person. Belay Card \$5. The wall is also available for group rentals and birthday parties—ask for details!

**Martial Arts - Gong Fu**

Tuesdays, 6:30-8pm

Join instructor Mark Small of the Carolina Wushu Association for this adult class.

Fee: \$10/class

Community Basketball-Adult

Wednesdays, 5:30-7:30pm \$1

Saturdays, 9-11am FREE

Sundays, January-February 28, 5:30-7:30 FREE

Come shoot some hoops or play a pickup game.

Community Volleyball - Adult

Wednesdays, 6:30-9pm

Staff run half court pickup games.

Games follow a 15 minute clock.

Bring a picture ID.

Fee: \$5

Chair Yoga

Fridays, beginning March 18th 10:30-11:45am

Join instructor Ellen Morrissey, RYT-500, for this yoga class for everybody. No prior yoga experience necessary.

Fee: \$10/class

Coed 4-on-4 Volleyball Tournament

Sunday, February 21

9am-4pm

Adults will enjoy an unofficial round robin tournament, followed by a single elimination for awards. Teams must consist of at least 1 female player. Registration deadline is Wednesday, February 17.

Fee: \$40 per team

Men's 2-on-2 Volleyball Tournament

Sunday, March 20

9am-4pm

Adults will enjoy an unofficial round robin tournament, followed by a single elimination for awards. Registration deadline is Wednesday, March 16.

Fee: \$20 per team

Disc Golf Indoor Putting League

Fridays, 5:30-8pm

December 11-February 26

Join the WNC Disc Golf Association and WNC Youth Disc Golf for an evening of indoor putting practice and competition. Designed for beginning to advanced players, ages 7 & up. No pre-registration required.

Fee: \$5 per night

AFFILIATE PROGRAMS**Table Tennis**

Mondays, 7-9:30pm

(5:30-8pm beginning March 7)

Saturdays, 11am-1:30pm

Badminton

Thursdays, 7-9:30pm

(5:30-8pm beginning March 10)

Saturdays, 9-11am

Ukelele

Mondays, 6-8pm

**Stephens-Lee Recreation Center****Fitness Center**

Cardio equipment, free weights and more.

Individual Annual Passes (Jan-Dec). \$80/\$5 discount for Asheville residents. Day passes: \$10/\$5 discount for Asheville residents. Ask about discounted Family Passes!

FITNESS**Women Only Workout**

Fitness Center

Mondays, 5-6pm

FREE

Men Only Workout

Fitness Center

Mondays, 6-7pm

FREE

Pickleball

Mondays, 9am-12noon and 6-8pm

Wednesdays, 8-10:45am

Fridays, 8-10:45am

A fun game that combines tennis, ping pong and badminton. Paddles and balls provided.

Fee: \$1

Contemporary Line Dancing

Tuesdays

Beginner Noon-1pm

Improver 1-2pm

Shuffle on in for this fun filled drop in class. Try in once and you will be hooked.

Fee: Donation

Power Mix

Tuesdays & Thursdays, 6-7pm

Join us for an hour packed with fitness and fun including a variety of body weight exercises, circuit intervals, weight training and stretching.

FREE

Community Basketball

Tuesdays, 6-8pm

Staff run half court pickup games.

Games follow a 15 minute clock.

Bring a picture ID.

Fee: \$1

Tuesday & Thursday for Seniors

Fourth Tuesday & Thursday each month, 10am-12 noon

Seniors come for a fun mix of activities including crafts, cooking, walking, fitness center workouts, books, chair exercise and dancing.

FREE

Harvest House DROP-IN ACTIVITIES

Men's Billiards

Monday-Friday, 10am-1pm
Drop in and join the guys for open play on two tables.
FREE

International Folk Dance

Mondays, 2-4pm
Gentle circle dancing, no partner needed.
FREE

Slimnastics Exercise Class

Mondays, Wednesdays & Fridays
10:30-11:30am
Low impact exercise group led by a professional. Bring a mat for the last 30 minutes of floor exercises.
FREE

Knitting Group

Wednesdays, 1-3pm
work on your own projects in a group setting. Some assistance is available from advanced knitters.
FREE

Jewelry Group

Thursdays, 1-4pm
Join this fun jewelry group that focuses mostly on beading projects. Each person provides their own supplies and tools.
FREE

Public Use Woodshop

Thursdays and Fridays, 10am-5pm
Come use our fully equipped woodshop to do your recreational projects. We have the machines and work space, you choose the project and provide all materials. Participants are required to sign a safety waiver & woodshop use agreement.
Fee: 10 visit punch card, \$35, Asheville City residents receive \$5 discount. Cards are good for one year from purchase date.

Rummikub

Tuesdays, 1-4pm
Fridays, 12:30-4pm
Keep the brain sharp with this free, fun and fast moving table game.
FREE

Women's Billiards

Fridays, 1-5pm
Join the ladies for open play on two tables.
FREE

COME PLAY CARDS

To join a card group, please call Harvest House. Your contact information will then be passed along to the card group leader. Beginners welcome!
FREE

Rummy

Mondays, 1-5pm
Progressive and Shanghai Rummy

Bridge

Tuesdays, 9:30am-12pm
Fridays, 12:30-3pm

Pinocle

Tuesdays, 1:30-5pm

Canasta

Fridays, 12-3pm

CLASSES

Furniture Making

Tuesdays, 9am-2pm
Learn various furniture making techniques as you create your own one of a kind piece of furniture. Each session will focus on a different project. Classes run for 6 weeks. Class often has a waiting list so don't delay!
Fee: Vary according to project. Call Harvest House for details and prices.

Clay Sculpture

Tuesdays, 9am-Noon
Join us for this 8 week hand building class using earthenware clay. No experience needed. Items will be fired to cone 05 and may be stained with your own approved underglazes.
Fee: \$90, Asheville City residents receive a \$10 discount.

Glass Mosaics

2 sessions: Tuesdays, 1-4pm and Wednesdays, 1-3pm
Come for a 6 week session and learn to cut and position glass to make beautiful signs or see thru window pieces.
Fee: \$40, Asheville City residents receive a \$5 discount.



T'ai Chi Chih

Wednesdays, 3:30-4:45pm
8-week session begins January 13
This moving meditation is the practice of 19 moves and one pose and brings healing, reduces stress, improves balance and flexibility and is known to lower blood pressure. Class is led by Steve Stevens, a retired public school teacher and accredited T'ai Chi Chih instructor. Experience & pre-registration required. Call in advance to reserve your space.
\$80/8-week session, Asheville City residents receive a \$10 discount.

Weaving

Thursdays, 9:30am-12:30pm
This eight week weaving class fills up quickly, so register today!
Fee: \$90/8-week session, Asheville City residents receive a \$10 discount. Materials sold separately.

MONTHLY HAPPENINGS

Lunch Bunch

April-November
First Thursday
Join us for lunch at various restaurants around the area. Seats fill up fast so call ahead to reserve a space.



Transportation is FREE

Daytrips

April-November
Second Tuesday
Visit local favorites for the day. Advance reservations are required. Seats fill up fast so call ahead to reserve a space.
Transportation is \$15

Pot Luck

Third Thursday each month, 12pm
Harvest House Association provides the entrée and a side dish. Please bring a healthy side to share. Short entertainment or educational program is included.
Bring a healthy side dish to share

Senior Opportunity Center**Senior Congregate Dining
Program for Ages 60+**

Monday-Friday, 9am-1pm

Join us for a variety of programs including chair exercise, guest speakers, health information, blood pressure checks, crafts, monthly "Out to Munch" at a local restaurant, Bingo, and MUCH MORE! This program is co-sponsored by Buncombe County Council on Aging. Registration necessary for daily meals. **FREE except for Bingo (1st card free, others 25¢ each). Donations are accepted for the meal but not required.**

Billiards

Monday-Friday, 9am-4pm

Come on in and shoot some pool. No reservations needed and newcomers are welcome!

FREE**Painting**

Tuesdays and Fridays, 2-3:30pm

Bring your own materials and paint among friends!

FREE**Afternoon Pottery**

Beginning March 29

Tuesdays, 2-4pm

For seniors 55+. Starter clay and all materials will be provided.

Fee: \$45/12 week session**Morning Pottery**

Beginning March 30

Wednesdays, 10am-Noon

For seniors 55+. Starter clay and all materials will be provided.

Fee: \$45/12 week session**Bid Whiz Card Players**

Wednesdays, 1:30-4pm

Join this fun loving group and enjoy friendly "card table competition"!

FREE**Afternoon Acrylic Painting**

Wednesdays, 1:45-3:45pm

Ages 55+. Instruction, brushes, starter canvases and paints supplied.

Fee: \$25/4 week session**Sewing**

Thursdays, 2-3:30pm

Bring your own sewing project and materials. Sewing machines and basic assistance are available.

FREE**Adult Athletics**

These programs provide recreational opportunities for residents of all skill levels and ages. A variety of team and individual sports programs are offered.

Winter Volleyball

Dual-Gendered

Season: January-April

Monday-Thursday

Ages: 18+ (16 & 17 year olds may play with parental permission)

January 4: Information and registration forms available online at www.ashevillenc.gov/parks

Registration Deadlines

January 13: Returning teams

January 14: New teams

January 15: All others

Registration Forms, Entry Fees and Rosters should be delivered to:
Asheville Parks & Recreation Office
72 Gashes Creek Road

Fee: \$200 entry fee/team plus \$25 non-Asheville resident fee

Spring & Summer Softball

Men and Coed

Season: April-July

Monday-Thursday

Ages: 18+ (16 & 17 year olds may play with parental permission)

Leagues for men, women and coed with varying skill levels over 2 seasons of play.

March 7: Information and registration forms available online at www.ashevillenc.gov/parks

Registration Deadlines

March 23: Returning teams

March 24: New teams

March 25: All others

Registration Forms, Entry Fees and Rosters should be delivered to:
Asheville Parks & Recreation Office
72 Gashes Creek Road

Fee: \$600 entry fee/team plus \$25 non-Asheville resident fee

For more information, contact Bryan Fish at bfish@ashevillenc.gov or 828-251-4026.

Note: All NEW teams are required to have a team representative attend an informational meeting.

Ultimate

Ultimate is offered in conjunction with the Asheville Ultimate Club and is played every Wednesday night throughout the year at Memorial Stadium. For more information, visit www.ashevilleultimate.org.

Soccer

Asheville Parks & Recreation co-sponsors adult soccer with the Asheville Buncombe Adult Soccer Association (ABASA). ABASA offers recreational leagues for varying skill levels. Registration and league information is on-line at www.abasa.info or call 828-299-7277.

Cycling

"Rumble on the River" is geared bike racing designed as a training series for all ages and skill levels. Novice or inexperienced riders are welcome. The series takes place on Wednesday nights at Carrier Park from May through September.

Rugby

Asheville Parks & Recreation offers rugby as a club sport with men's and women's teams through the Asheville Rugby Football Club. Visit www.ashevillerrugby.com for more information.

Lacrosse

Lacrosse is offered as a club sport for men and women through the Asheville Lacrosse Club. Please visit ashevillelacrosse@charter.net for more information.

Disc Golf

Asheville Parks & Recreation offers one of the finest disc golf courses in the southeast at Richmond Hill Park. Leagues and competitions are offered through the Western North Carolina Disc Golf Club. For more information visit www.wncdiscgolf.com.



WNC Nature Center

75 Gashes Creek Rd., Asheville, NC 28803
828-259-8080

www.wncnaturecenter.com

Hours: Open 7 days a week, 10am-5pm

*No admittance after 4:30 pm

Regular Admission Rates:

Adults: \$10.95, Seniors 65 and older: \$9.95, Children ages 3-15: \$6.95
(children 2 and under are free)

Want a one-of-a-kind adventure where you can really experience the animals of the Southern Appalachians? Visit the Western North Carolina Nature Center – home to over 60 species of animals including river otters, black bear, red wolves and cougars. See why over 117,000 people a year come visit us. From preschoolers to grandparents, from students to professionals, there's something for everyone at the Nature Center!

The WNC Nature Center is 42 acres of animals in their native Southern Appalachian Mountain habitats. The center provides an opportunity to learn, to touch and to know our rich natural heritage through educational and interactive exhibits. The Nature Center facility offers animals, picnic areas, gift shop and restrooms.

Mission

The WNC Nature Center connects people with animals and plants of the Southern Appalachian mountains by inspiring appreciation, nurturing understanding, and advancing conservation of the region's rich biodiversity

Friends of the Nature Center

The WNC Nature Center receives support from the Friends of the Nature Center, an independent 501(c) 3 nonprofit organization. To learn more about the Friends of the Nature Center and to become a member, visit their website at: www.wildwnc.org



WINTER/SPRING PROGRAMS

Critter Time for Tykes and Tots

January 13 & 27, February 10 & 24, & March 9
10:00am–12:00noon

Youngsters ages 3-5 and their parents are invited to join us for this fierce program which offers a creative way to learn about animals. Fun filled activities are in store celebrating animal life, forest ecology, and conservation including indoor games and crafts and wildly fun animal encounters, walking tours, and story time.

Fee: \$20.00 per child/parent combination (includes admissions to Nature Center). Additional children or adults are \$8.00 each. Friends of the WNCNC Members: \$13.00 per child/parent combination

All five sessions: Friends members \$60.00 and for non-members, \$90.00 for child/parent combination (additional participants \$35.00).

*Parent/guardian must be present during programming
Registration can be made at (828)259-8082.

Limited seating, so call today!

Detailed Schedule:

Wednesday, January 13: "Flocks of Fun", study on birds, our feathered friends

Wednesday, January 27: "Colored Critters", variations of camouflage

Wednesday, February 10: "Scales and Tails", all about reptiles and amphibians

Wednesday, February 24: "Trees and Leaves", all about the forest

Wednesday, March 9: "Barnyard Buddies", life on a farm

Summer Camp Registration Opens

Tuesday, March 1 for Friends members,
Wednesday, March 2 for the general public

Summer camps at the Nature Center are fun, educational experiences for all campers. Camp facilitators draw upon the Nature Center staff naturalist and the natural history collection to present a program designed to involve children in the wonders of the natural world. The classroom provides a headquarters for crafts, lessons, and shelter from summer heat and thunderstorms as the children engage in exploratory activities throughout the Nature Center. Each camp session offers creative themes using both plants and animals in its design, offering fun learning activities using STEM education (science, technology, engineering, and math) along with arts and social studies.

We offer two distinct camp experiences for you and your children:

Wild Weeks Camps are for children entering first grade this fall (2016) and older, with each week offered to specific grade levels with specific topics for that week's experience.

Pee Wee Camps are designed primarily for children ages 3-5 and offered to the child/parent combination with at least one parent/guardian accompanying the child throughout the experience.

Sessions fill quickly, so mark your calendars now for our registration opening day! Call us at (828)

259-8082 or visit us online at

<http://www.wncnaturecenter.com/FamilyPrograms/SummerCamps.aspx> for more details.

WNC Nature Center's Annual Groundhog Day Celebration

Tuesday, February 2

Location: WNC Nature Center

The WNC Nature Center is proud to present a whimsical presentation on groundhogs on Tuesday, February 2 at 2:00pm. Explore the folklore of this native rodent species with stories and song.

Meet a live groundhog who has been reared by humans from infancy. Call for more details (828) 259-8080

Regular admission rates apply \$10.95/adult, \$6.95/child, children 2 and under free. Friends of the Nature Center get in free.

**Valentine's Day Dance**

Friday, February 5, 5:30-8pm

Location: Montford Recreation Center

Youth in K-5th grades show off your mad dance skills at our Valentine's Dance. Sweet treats, photo booth, hotdog snack pack and more fill the evening with fun.

FREE

Black History Month Celebration

Saturday, February 13, 12-4pm

Location: Linwood Crump Shiloh Complex

Reuniting the past, present, and future! Celebrate us as we learn, sing, mingle, and explore our history through love, peace, unity, and good home cooked food!

FREE

Bojangles' Easter Eggstravaganza

Saturday, March 19, 2-4pm

Location: Carrier Park, 220 Amboy Road

Come to the area's largest free Easter celebration, Bojangles' Easter Eggstravaganza! The fun will include free giant inflatables, crafts, face painting and a performance by the Mountain Thunder Cloggers. Egg hunts for ages 4-11 will be held at 4pm and a special egg hunt area will be available for ages 3 and under for the duration of the event. Bring your camera for a family photo with the Easter Bunny and do the chicken dance with Bo, the Bojangles' Chicken. All children receive a free goody bag.

FREE

Montford Neighborhood Egg Hunt

Saturday, March 26, 11am

Location: Montford Recreation Center

Bring your basket to Montford Park and come enjoy the fun; egg hunt begins at 11am.

FREE

Community Yard Sale

Saturday, April 9, 8am-1pm

Location: Montford Recreation Center

During the spring and fall, we offer yard sales to help fund youth programs.

Pre-paid registration is required beginning February 1.

Tables are just \$5

Tiny Tykes Day

Sunday, May 1, 2-5pm

Location: Martin Luther King Jr. Park

Mark your calendars for a fun filled festival for ages 5 & Under! Little ones will enjoy inflatables, face painting, crafts and special guests.

FREE

2016 Asheville-Buncombe Senior Games

Thursday, May 12: Opening Ceremonies

Saturday, May 21: Track and Field

Tuesday, May 24: Closing Ceremonies and Silver Arts

May 12-May 24: Other Competitive Events

Location: UNCA and various sites

Competitors from around the area will gather for a few unforgettable weeks of athleticism and fun. Spend your morning shaking it up on the shuffleboard court, and your afternoon hitting the track. Pummel your peers in racquetball and spend the afternoon watching your buddies in a game of Pickleball. The possibilities are endless, and even if you don't bring home a medal, the memories are all yours to keep. Are you the more artistic type? The Silver Arts Showcase, a major component of the Asheville-Buncombe Senior Games, is the perfect time for you to debut your latest masterpiece or hit the stage with your musical skills.

Fee: \$10 Registration for Senior Games or Silver Arts

Movies in the Park

Friday, May 13

Crafts at 6:30pm, Movie at Dusk

Location: Pack Square Park

Asheville Parks and Recreation presents Movies in the Park, a free event in Pack Square Park. Children's craft activities begin at 6:30 p.m. and the movie begins at dusk on a giant outdoor screen on the Pack Square Park stage. Films are rated PG and food will be available. Bring your chairs or a blanket and come out for crafts, a movie under the stars, and an evening of fun.

FREE

Montford Music and Arts Festival

Saturday, May 21, 10am-7pm

Location: Montford Neighborhood

Two stages of music, food and craft vendors, kid's activities and all in our very own backyard – on Montford Avenue. We are looking for volunteers for this event.

FREE

Shiloh Fun Day

Sunday, May 22, 1-8pm

Location: Linwood Crump Shiloh Complex

Bridging the community thru fun, excitement, entertainment, fellowship, laughter, and good food!

Splasheville

Splasheville, the interactive fountain in Pack Square Park typically operates from 9am-8:30pm seven days a week from April 1-September 30. Visit www.facebook.com/APRCA for daily updates on closures due to events in the park or fountain maintenance.

For more information about these and all Asheville Parks and Recreation programs, visit www.ashevilenc.gov/parks, www.facebook.com/aprca, or call 828-259-5800



SAVE THE DATE!

Summer Camp Guide 2016

COMING SOON!

Camp Registration begins

February 22

ASHEVILLE
Parks & Recreation



STAY UP TO DATE!

Jump online and see what we're up to at Asheville Parks & Recreation!
Visit www.ashevillenc.gov/parks for all our program offerings and sign up to receive our monthly e-Newsletter. Programs and events for the whole family:
From Line Dancing & Toddler Tunes to Doggie Dip and Family Dodgeball.
New things are being added all the time.

And be sure to like us on Facebook! Stay informed about programs, contests, and special deals. . . even the schedule for Splasheville! You may be the next person to win a Parks & Recreation prize pack!

www.facebook.com/APRCA.

HERE'S SOME NEWS YOU CAN USE!

Want to reserve a picnic shelter? Did you know you can do that online?

Picnic Shelters

The City of Asheville has 11 picnic shelters that can be reserved starting at just \$40! If they're not reserved, they're available on a first come/first served basis. To reserve a shelter, visit www.ashevillenc.gov/parks and look for the red "**Picnic Shelter Reservations, Click Here**" in the center of the page.

Park Use

Sometimes a picnic shelter just isn't big enough. You need more. General park use is acceptable, but to schedule ongoing use, add elements to the park (tents, inflatables) or have a special event, special permits may be required. For athletic venues, contact Bryan Fish, bfish@ashevillenc.gov or 828-251-4026. To use a park for an Outdoor Special Event, contact Jon Fillman, jfillman@ashevillenc.gov or 828-259-5738.

For general park use information or more info on picnic shelter rentals, contact Mark Halstead, mhalstead@ashevillenc.gov or 828-251-4024.



ASHEVILLE
Parks & Recreation



It's Where Asheville Goes!